

New PRT scoring criteria

Category	Sit-ups		Push-ups		1.5 Mile Run		500 Yard Swim <i>See note below</i>	
	Highest Outstanding score	Lowest passing score	Highest Outstanding score	Lowest passing score	Highest Outstanding score	Lowest passing score	Highest Outstanding score	Lowest passing score
Male Age 17-19	109	50	92	42	8:15	12:30	6:30	12:45
Female Age 17-19	109	50	51	19	9:29	15:00	6:45	14:15
Male Age 20-29	105	46	87	37	8:30	13:30	6:30	13:00
Female Age 20-29	105	46	48	16	9:47	15:30	7:15	14:30
Male Age 30-39	98	40	80	31	9:20	14:30	6:45	13:15
Female Age 30-39	98	40	44	11	10:46	16:45	7:30	15:00
Male Age 40-49	92	35	72	24	9:30	15:30	7:00	13:30
Female Age 40-49	92	35	41	7	10:56	17:15	8:00	15:30
Male Age 50-50+	85	29	64	19	9:35	16:45	7:15	13:45
Female Age 50-50+	85	29	38	5	11:00	17:30	8:30	15:45

Note - subtract ten seconds from each of these swim times if the course is 450 meters instead of 500 yards.

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you have any questions, talk to your PRT coordinator or ask us for a copy of the instruction.

Summary

The overall intent of this instruction is clear; get in shape and *stay* in shape. Develop a healthy regime of eating and exercise habits that will allow you to live a longer and more productive life for you and your family.

The new program offers all of us a wide range of assistance to meet our goals, and also a tougher standard to live up to. Once again, the purpose is to shift the emphasis away from just passing the semi-annual PRT and towards living a healthier lifestyle.

Note

Additional reading material is available to anyone who desires information on diet or exercise. This information can be downloaded from the internet, (see BUPERS homepage, and select "Services.") Or, you can see FC2 Smoot in the RESCEN library to check out a copy of the new reference guide.